

# Mshed

Deli salad of the day  
Selection of sandwiches

## Sample sandwich menu

Bashed avocado, sprouted seeds, sundried tomato (ve)

Merguez squash, chicken & mint yogurt

Chickpeas, pickled red onion & rocket (v)

Farm assured ham, cheddar & mustard mayo



*\*these are available gluten free upon request in advance*

*(NGCI) = Non gluten containing ingredients*

*(ve) = vegan*

*(v) = vegetarian*

*Please note that due to seasonality some ingredients are subject to change. We will inform you in advance if this is the case and suggest alternatives if required.*